Holy Family Super Curricular Programme.

Medicine

Course Outline

During the Term you will choose 6 of activities from the list below to complete. Use the Cornel notes on the following pages to recall what you learn from the reading, podcast, activity or resource.

Activity	Resource/ Activity
1	**Wider Reading** a) Watch the video about wider reading and reflection https://www.theaspiringmedics.co.uk/medicine-extra-reading b) Look at the Oxford reading list for Introductory reading for Medicine and choose at least two books https://www.medsci.ox.ac.uk/study/medicine/pre-clinical/applying/reading
2	**Work Experience** Work experience is incredibly important in providing a realistic, first-hand insight into Medicine as a rewarding profession as well as showing its associated challenges. There are many types of work experience you could engage in, such as at a hospital, GP practice, and even at a laboratory. All of them provide an insight into different areas within Medicine. Reflecting upon your experiences is very important, as this will allow you to learn as much as possible from your work experience placements. We would definitely recommend that you make a note of what you have witnessed from your work experience following it, as it is easy to forget what you've seen after a couple of months. a) Sign up to at least one experience from the list below Healthcare Horizons Project: https://www.bartshealth.nhs.uk/beginning-your-career Brighton and Sussex Medical School Virtual Work Experience: https://bsmsoutreach.thinkific.com/courses/VWE Observe a GP: https://www.rcgp.org.uk/training-exams/discover-general-practice/observe-gp

3	**<u>Online Courses</u>** Online courses can also be beneficial in developing your understanding of a specific topic you might be interested in as well as allowing you to learn information in a different way to just reading books. a) Look through the websites below to complete one online course. The course is normally free but if you would like a certificate, you would need to pay a fee. Futurelearn: https://www.futurelearn.com/ EdX:https://www.edx.org/
4	**<u>Journals/ Magazines</u>** a) Go through the websites below and take notes of particular topics that interest you. BBC Health: https://www.bbc.co.uk/news/health New Scientist: https://www.newscientist.com/ Student BMJ: https://www.bmj.com/student
5	**<u>Podcasts</u>** a) Listen to different medical students explore current affairs, ethical scenarios and lots of wider-reading topics whilst talking about what it is like to be a doctor and medical student https://medicmentor.co.uk/becoming-a-doctor-podcast-series/ b) Choose four podcasts to listen to different insights into medicine. https://www.theaspiringmedics.co.uk/podcasts-medicine c) Listen to subject specific features https://podcasts.ox.ac.uk/
6	**<u>Summer School</u>** Summer Schools can be a great way to strengthen your medical school application, as they can help you nail down key aspects of your preparation with the help of experienced doctors in far less time than you would have spent otherwise, allowing you to take on more opportunities during the summer. a) Read through the types of Summer schools and apply to one. UNIQ is a free residential summer school programme for year 12 students in UK state schools and colleges. The UNIQ programme is designed to raise the aspirations of those who attend the programme, increase their confidence in applying to top universities in the UK, especially Oxford, and break down myths

	and barriers which sometimes prevent high performing students from certain backgrounds and schools from making an application. https://www.uniq.ox.ac.uk/ The Sutton Trust is an educational charity in the United Kingdom which aims to improve social mobility and address educational disadvantage. Attending the Sutton Trust summer school held at the University of Cambridge can allow you to experience world-class teaching, life as a Cambridge medical student, and enjoy exciting activities. The summer school is a free residential programme for year 12 students in UK state schools and colleges. https://summerschools.suttontrust.com/university-partners/university-of-cambridge/

Suggested Additional Activities:

- Become a classroom assistant for Science
- Volunteer at Alliston House (Shernhall St)
- Create a medical society in school as part of the Enrichment Programme
- Become a Mental Health Mentor for younger students

Activity 1

Cornell Notes Lecture, reading/chapter/novel /article during class, power point, movies (if need to collect info.)	**Topic:** _____ **Date:** _____
Questions/Main Ideas/Important dates or people	**Notes:**

Summary

Activity 2

Cornell Notes Lecture, reading/chapter/novel /article during class, power point, movies (if need to collect info.)	**Topic:** _____ **Date:** _____
Questions/Main Ideas/Important dates or people	**Notes:**

Summary

Activity 3

Cornell Notes Lecture, reading/chapter/novel /article during class, power point, movies (if need to collect info.)	**Topic:** _____ **Date:** _____
Questions/Main Ideas/Important dates or people	**Notes:**

Summary

Activity 4

Cornell Notes Lecture, reading/chapter/novel /article during class, power point, movies (if need to collect info.)	**Topic:** _____ **Date:** _____
Questions/Main Ideas/Important dates or people	**Notes:**

Summary

Activity 5

Cornell Notes Lecture, reading/chapter/novel /article during class, power point, movies (if need to collect info.)	**Topic:** _____ **Date:** _____
Questions/Main Ideas/Important dates or people	**Notes:**

Summary

Activity 6

Cornell Notes Lecture, reading/chapter/novel /article during class, power point, movies (if need to collect info.)	**Topic:** _____ **Date:** _____
Questions/Main Ideas/Important dates or people	**Notes:**

Summary